

Pioneer

WORLD HEART DAY

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WORLDHEARTDAY

HUMBLEPIE

"People should go in for *satvik bhojan* which comprises green vegetables," says Dr S K Gupta, cardiologist at Apollo Hospitals.

Dr Mohan Nair of Chief of Cardiology at Max Hospitals cautions about consuming items rich in animal fat. "Indians are pseudo vegetarians. People consume a lot of butter and ghee which needs to be decreased. Consume milk products which are skimmed," he says.



NEED TO KNOW

- The blood flow needs to be restored within 20-40 minutes from the onset of a heart attack to avert permanent damage
- Within 30 minutes of getting to hospital, a clot-buster needs to be injected to open up arteries
- The best time for full recovery is the golden hour — the critical time of 60-90 minutes after the pain
- Over two hours of delay increases the risk of permanent damage by 40-60 per cent
- Angioplasty is the only way out if the delay is beyond four hours
- After 6-8 hours from the onset of pain, the heart attack is 'complete'. Depending on the muscle loss, disability or death can occur

CAPITALCOUNT



- 42 people die of heart attacks in the city every day versus 77 total deaths
- 1 lakh angiography per annum 270 everyday
- 50-60 angioplasty every day
- 20 pacemakers every day
- 5 lakh heart patients